



# Dutch Community News

*Dutch Society*

# NEERLANDIA



Official Publication for the Dutch Community in Western Australia



Dutch Aged Care



ANSWA



Dutch Community Radio

Perth WA

October 2014

Volume 46 Issue 8



On a rainy day the outdoor terraces of this café in the centre of Almelo are deserted. Almelo is a city of some 72,000 people. It is located in the eastern Province of Overijssel. More on the city of Almelo can be found on pages 20 & 21 of this magazine.

# Social functions calendar Clubhouse contacts

**Important:** The entries below are an indication only of what events are planned during the coming months and the information given may not always be accurate and could be subject to change.

For up-to-date accurate information, **always** refer to the larger function advertisements inside this paper or the posters displayed in the clubhouse.

**Upcoming Functions to be held in the Neerlandia clubhouse or in other venues as shown:**

Sunday 5 October	<b><u>"Sunday Klaverjas Drive"</u></b>	11.00 am
	Admission: \$8.00	
Thurs 9 October	<b><u>"DJVV Club"</u></b> (Fortnightly)	Shop open
Wed 15 October	<b><u>"MidMonthMovieMeeting"</u></b>	2.30 pm
	Dutch Movie: "The Vliegenierster van Kazbek"	
	Members \$2.50	
	Non-Members \$3.00	
	(More information on page 12)	
Thurs 23 October	<b><u>"DJVV Club"</u></b> (Fortnightly)	Shop open
Friday 31 October	<b><u>"End of Month Drinks"</u></b>	5.30 pm
	More details on page 19	
Sunday 2 November	<b><u>"Sunday Klaverjas Drive"</u></b>	11.00 am
	Admission: \$8.00	
Tuesday 4 November	<b><u>"Melbourne Cup Lunch"</u></b>	11.00 am
	Admission: Members \$40.00	
	Non-Members \$45.00	
	(More information on page 7)	
Wed 19 November	<b><u>"MidMonthMovieMeeting"</u></b>	2.30 pm
	Dutch Movie: "TBA"	
	Members \$2.50	
	Non-Members \$3.00	
	(More information on page 12)	
Sunday 23 November	<b><u>"St Nicholas Brunch"</u></b>	10.00 am
Friday 28 November	<b><u>"End of Month Drinks"</u></b>	5.30 pm
Sunday 30 November	<b><u>"St Nicholas Children's Day"</u></b>	11.30 am

## **Clubhouse Address:**

230 Cambridge Street,  
Wembley WA 6014  
ABN: 33 211 869 383

## **Postal Address:**

P. O. Box 200,  
Wembley, W. A. 6913

## **Clubhouse Contact:**

**Tel:** (08) 9381 3738

**Fax:** (08) 9388 0848

**Email:** [neerlandia@iinet.net.au](mailto:neerlandia@iinet.net.au)

**Webpage:**

[www.dutchclubwa.com](http://www.dutchclubwa.com)

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## **Private Members Parties:**

**For bookings of Private Members Parties or information that is not in this magazine, please phone:**

**Karin Eastwood on: 0439 862 610 or E-mail her on: [karin.m@live.com](mailto:karin.m@live.com)  
or Lianna Parker on: 0437 629 635**

**Minimum charges for using our Clubhouse facilities are:**

<b>Use of Hall</b>	<b>from \$275.00 (Incl. GST)</b>
<b>Use of Lounge</b>	<b>from \$100.00 (Incl. GST)</b>
<b>Use of Kitchen</b>	<b>from \$100.00 (Incl. GST)</b>

# President's Report



## President's Report

Not long ago I was thumbing through the Australian Concise Oxford Dictionary. I find it fascinating to read about words, their meaning and their origin. I not only look at familiar words

but, always, I find interesting new words as well. From one word to the other and, in relation to Neerlandia, I looked up the meaning of the word "member". According to the aforementioned dictionary, one of the meanings is "a person belonging to a society". "Belonging" I like that word. "Belonging" has a positiveness to it, a sense of security; "to belong" is having a close association with something or someone.

Now back to the dictionary: a member is a person belonging to a society. Neerlandia is a society and you, for whatever reason, belong to this society. There are so many reasons to be a member: you are a member because of your cultural heritage or maybe because you now live alone and you find company when you visit "the Club". You may be a member because you always have been or maybe because you like to play cards, you like to sing or for reasons that are totally unique to you.

Most people who read this article in the early part of October 2014, are Neerlandia members, those who belong. Those people whose personal and financial contributions make a club what it is. And the club, or our Dutch Society Neerlandia, cannot do without you or without your contributions.

Inserted in the October 2014 issue of the Neerlandia Magazine you will find a new look 2015 membership form. This form, in orange so you can't overlook or misplace it, is double sided. Existing members now only have to fill in their name, membership number and indicate sub-club membership if applicable, membership amount and preferred way of paying.

You are kindly requested to renew your membership at your earliest convenience: outstanding membership moneys are costing the club. Apart from that, in 2014, the processing of unfinancial members has taken a disproportional time of those people who are responsible for "Membership".

Also, for those sub-club members who are not

aware of this, our constitution states that to be a member of any of the sub-clubs, you need to be a member of Neerlandia as well.

Again, I ask you kindly to pay your 2015 membership as soon as possible; you are a Neerlandia member and therefore you have a responsibility towards the society that you chose to belong to.

Last but certainly not least, we hope to see many of you at the AGM on 28 September, starting at 1pm. After the official part of the presentation, we look forward to a casual get together with, hopefully, interesting and engaging questions and answers. Needless to say: *members only*. See you soon!

**Lianna Parker**  
**President**

## IN LOVING MEMORY

Passed away on the 6th of September,

**Carel Roukens**

Our sincere condolences to Greet and her family  
from the Stoottroepers  
and the Dutch Society Neerlandia

Passed away on the 18th of September

**An Hotz**

Our sincere condolences to Herry and family  
from the Jeugd van Vroege  
(An was their secretary for many years)  
and the Dutch Society Neerlandia

Passed away on the 20th of September

**Jan Berg**

Our sincere condolences to Robert and his family  
From the Dutch Society Neerlandia



**May They All Rest in Peace.**





## De BoeKHoeK

Voor oktober koos ik wellicht niet het makkelijkste maar wel een interessant boek om te lezen:

### Voor de troon wordt men niet ongestraft geboren.

Geschreven door Hermans & Hooghiemstra



De journalisten/historici Dorine Hermans en Daniela Hooghiemstra gingen op zoek naar de drie voorgangers van Willem-Alexander. In hun boek 'Voor de troon wordt men niet ongestraft geboren' komen de drie koningen en degenen die hen omringden zelf aan het woord.

Uit archieven, tot in Paleis Noordeinde aan toe, diepten de auteurs intrigerende, geestige en ontroerende aantekeningen op die destijds meestal

niet voor publicatie bestemd waren. De beschrijvingen van onder anderen diplomaten, hofartsen en ministers, én die van de koningen en hun familieleden zelf, geven een indringend beeld van de triomfen en nederlagen, de illusies en de eigenaardigheden van de eerste drie Nederlandse mannen op de troon. De levensverhalen van Willem I, Willem II en Willem III staan bol van samenzweringen, bloedvergieten, machtsstrijd, (hopeloze) liefdes, overspel en waanzin. En dat allemaal in het gelijkmatige Nederland, in de ogenschijnlijk zo rustige negentiende eeuw.

Het boek werpt bovendien licht op de vraag hoe een land als Nederland, dat vanouds zo veel prijs stelt op vrijheid en gelijkheid, eigenlijk aan een koning komt.

Dorine Hermans (1959) en Daniela Hooghiemstra (1967) publiceerden over het Koninklijk Huis in onder meer NRC Handelsblad en de Volkskrant. Samen schreven ze Vertel dit toch aan niemand (2006), over het leven van hofdame Henriëtte van de Poll, dat veel stof deed opwaaien en vele malen werd herdrukt. Van Hermans verscheen in 2002 het onthullende boek Burger aan het Hof over Pieter van Vollenhoven.

Bron: [www.bol.com](http://www.bol.com)

Verkrijgbaar als eBook of als paperback

## KooKHoeK

'Arnhemse Meisjes' (Girls from the city of Arnhem) are a delicious, traditional Dutch biscuit. They are flaky, caramel crispy light with a sweet crunch. These cookies look like they are made from some kind of puff pastry but that's not the case. Some people make them with readymade puff pastry, but believe me, that is a short cut you do not want to take!

For the absolute original 'Arnhemse Meisjes' you need to make this bread-like dough with a drop of lemon juice. It's fun to make these cookies. Especially the rolling the dough through the sugar part. This is also the way my grandfather, who was a baker, used to make them. The original recipe



comes from a bakery named Van Zalinghe by a master baker called Hagdorn around 1829.

The recipe was a big secret for a long time, until a certain writer came along by the name of Dahl. This is also his absolute favorite cookie by the way. Roald Dahl had the power to persuade the baker to give up his recipe.

He 'shamelessly' published it in his cookbook. After that,

everybody copied it, so I won't feel too bad when I tell you how it goes:

Ingredients for the Arnhemse Meisjes

makes about 20-24 cookies

190 g pastry flour

pinch of salt

100 ml fresh milk

5 g fresh yeast

4 drops fresh lemon juice

105 g unsalted butter at room temperature in cubes

Coarse type of sugar for the coating of the cookies

### Making the Arnhemse Meisjes:

Day 1: make the dough by sifting the flour and salt. Stir the yeast with the milk until dissolved. Mix this with the flour and lemon juice. With a mixer, beat in the butter cubes, bit by bit, in stages. Press the dough into a flat disc in a plastic bag (yes it's a bit sticky, that's how it's supposed to be) and leave it in the fridge overnight.

Day 2: Take the dough from the fridge and shape it into a sausage. Cut the roll into pieces and shape into little balls, the size of a walnut. Put in the fridge to firm up again. Preheat the oven at 165° C (conventional oven). Coat the balls in sugar. Sprinkle sugar over your work surface. With a rolling pin roll out the balls in the sugar into an oval shape of about 15 cm long. Place them on a buttered tray or baking paper. You may sprinkle them with some more sugar if necessary. Bake for 25 minutes until golden brown. Leave to cool on a wired rack. Enjoy!

Source: [weekendbakery.com](http://weekendbakery.com)

## Wednesday mid month movies

We thought it would be a good idea to introduce a new function so in May we started Mid Month Movie Meeting, a viewing of Dutch language movies on a Wednesday evening in the middle of the month.

In July we had scheduled "Alles is Familie" and in August we showed "De Tweeling". We were very disappointed when no-one turned up in July and in August we only had five takers. Not easily giving up, in September we played the beautiful World War II movie "Sonny Boy" but again, very few people turned up.

Needless to say that we re-assessed this function and have decided to change the time of showing: on **Wednesday afternoon** 15 October, we will play the movie “De Vliegenierster van Kazbek”. This is a Dutch language movie with English subtitles. For details we like to refer to the advertisement on page 12 in this magazine.

## The first Dutch submarine to visit Australia

A picture was given in the most radiant fluorescent colours. This unusual piece of craft, made out of butterfly wings, depicts the 1<sup>st</sup> Dutch submarine to visit Australia in 1933. If you are interested in giving it a new home, you are welcome. Please contact Lianna on 0437 629 635

## Did you know this?

Vrouw Holle and the hag in the tree  
Observations by an Expatriate living in the Netherlands

Elderflower (vlierbloesem) season is coming to an end. The fridge is stocked with cordial, and I've used the vodka that our Polish friend always brings us to make elderflower vodka. It currently resembles a urine sample, a large one, but who knows what it will look like in a few months after some time to mature. A large urine sample probably.

Someone on the radio recently mentioned folklore about the elder that holds that you must first ask the 'hag in the tree' permission before you take her flowers or berries. This made me realise that the word hag is probably related to the Dutch heks for witch. I looked it up in the Chambers Dictionary of Etymology and it is, probably via the Old English hægtesse, hektes for witch.

The Middle Dutch was hagetisse. The Dictionary of Etymology also points to a possible link with the Old English haga for hedge, as does the etymologiebank with the Dutch haag for hedge.

The English word witch comes from wicce, sorceress, where wicca was sorcerer. Chambers says they are 'probably derivatives of Old English wiccian to practice witchcraft, itself related to Old English wígle divination, wíglian to divine...all cognate with Old Frisian wigila sorcery, witchcraft, and probably Middle Low German and Middle High German wicken, wikken to bewitch, divine...' Dutch has the word wikken or wichelen for divine. A wichelaar is a soothsayer and a wichelstok or wichelroede is a divining or dowsing rod.

I read the following about the elder in a library book, 'Kostelijk Fryslân' by Harrie Ernst and Carolina Verhoeven, 'In het volksgeloof werd de vlier bewoond door Vrouw Holle, ook wel Holda of Hildemoore genoemd. Die naam is een verbastering van Hlodyn, de Germaanse godin van de vruchtbaarheid.' (Superstition has it that Vrouw Holle, also known as Holda or Hildemoore, lived in the elder. The name is a corruption of Hlodyn, the German god of fertility.)

Vrouw Holle I know because that's what my mother-in-law calls her Daughter when she's racing around – Vrouwkje



Holle.  
I'd assumed this was associated with the word hollen, to race, which I think it is in this context.

Vrouw Holle appears in one of the Grimm fairy tales, but the folklore is much older. The Grimm fairy tale is called Mother Hulda in English, but I don't think it's as widespread in English as it is in Dutch. I'd certainly never heard of Mother Hulda and the story doesn't appear in any of our anthologies.

The English is entertaining in places, '...but she had such great teeth that the girl was terrified and about to run away...' (if you're American feel free to make a joke about this pointing to the girl being of English origin), but the elements of the story are there.

Vrouw Holle lives in the underworld in the Grimm version (in this one anyway) rather than in the elder, but I get the impression that in this respect she is a bit of a rockstar who has multiple dwellings.

It certainly looks at though the English hag in the elder, or elder tree mother, which I've just discovered and prefer because it's a bit more woman-friendly given the negative connotations of hag, nowadays at least, and the Dutch Vrouw Holle have the same roots, or their tree does at least (sorry couldn't resist it).

**Source:** (with permission) Blog LIKE A SPONGE - Learning Dutch, Going Dutch by Marianne, an expatriate living in the Netherlands.

**CONGRATULATIONS!!!!  
THE FOLLOWING ARE NOW  
MEMBERS OF  
THE DUTCH SOCIETY NEERLANDIA**

**Henk Sijbranda  
Peter Batenburg  
Hazel Potts  
Margaret Baltes  
Bert Baltes  
Erik Loose  
Anthonie Schutte  
Stefan Haze  
Jody Haze  
Catharina Niemann**



# Eventjes bijpraten met Lianna

## August End of Month Drinks

The rain came bucketing down and the roof leaked, but the patrons kept arriving at the Club for the August End of Month Drinks. The young families with their small children were of course there and so were half the committee members. We also had a heap of newbies dropping in; they had finally decided to come and see what all the fuss was about - they vowed to come back for more.

As we repeatedly say, Neerlandia's End of Month Drinks is Perth's best kept secret! The core group stayed until 10pm making sure that the bar, the kitchen and the shop had a combined turnover of \$2,200 that night.

Thank you to Inge, Brenda, Richard, Steph and Karin for being bar magnets; thank you to Yolanda for making "rode kool met appeltjes en draadjes vlees"; thank you to Freda, who is always prepared to open the shop and to be there the whole night surrounded by noise (and thanks to Ben for letting her out of the house on a Friday evening!); thank you to Louis & Kerry, to Anne & Jack for cooking all those kroketjes, bitterballen, patatjes and the frikandellen speciaal. Thank you "gezellige meiden" and Jason for serving food and for doing the dishes - we can't have a party without your valuable help.

End of Month Drinks - the function that keeps Neerlandia going!

Photos: the morning after the night before ....



## Araluen Tulip Festival

With spring fast approaching, Araluen recently opened its gates again for the public to admire its annual tulips' display in late August.

This year's fabulous show was co-organized by the Honorary Dutch Consulate and the Consulate of Turkey; both countries share the history of the tulip.

Lianna Parker and Liora Ebben gladly gave the show a traditional Dutch touch while Brenda Wubs assisted John Otis selling Dutch foods.



Lianna and Liora with the Turkish Consul and a Turkish visitor dressed in Turkish outfit





# Melbourne Cup Lunch



Like every year Neerlandia organises the traditional Melbourne Cup Lunch.  
Come and watch the race that stops the nation on our large screen,  
while enjoying a superb lunch.

Organise some friends and book a table for eight.  
A glass of champagne upon arrival

And, like every year, we will organise the traditional Sweepstake again.

**When: Tuesday 4th November**

**Costs: Members: \$40 Non refundable**

**Non-Members: \$45 Non refundable**

**Doors Open: 11.00am**



Win a prize for  
most elegant-, most  
colourful- or the  
funniest hat during the  
post race hat parade



## MENU

### Entree

Chicken Chowder served with crusty bread and butter

### Main Course

Slow oven roast beef served with roast potatoes, roast sweet potatoes and cauliflower; mornay and red wine jus

### Dessert

French crepes with glazed apples and vanilla ice cream

**We need a minimum of 40 prepaid bookings by 28 October for this function to go ahead. ...**

## Bookings

For catering purposes, pre-payment is necessary when you make your booking.

Contact Karin Eastwood on: 0439 862 610 (leave message) or email: [karin.m@live.com](mailto:karin.m@live.com)

or

Gerry Creemers on: 9356 4207 or email:

[gerrycreemers@iinet.net.au](mailto:gerrycreemers@iinet.net.au)

... Send your Cheque or Money Order by mail to Neerlandia, PO Box 200, WEMBLEY WA 6913.

... Give Karin or Gerry your credit or debit card details over the phone.

... Visit the Clubhouse on any Friday between 10.00 am and midday and pay by credit card or cash.

**Bookings no later than Tuesday 28 October**



### **Dear readers,**

Back again from holidays and an apology is warranted. While in Coral Bay several functions on my laptop broke down: I could not send

e-mails; nor download any information of previous magazines that was on memory sticks ;and I could not use my printer either. Printed copy always make proofreading a lot easier.

The end result was that a few more mistakes than normally got through. But I still managed to get the magazine to the printer and the members did get their September copy in time.

### **Annual General Meeting**

When you receive this magazine, the Neerlandia AGM has been held, but as it was too late in September to report upon it for this issue of the Magazine, you will have to wait until the November issue to see the election results and other relevant news about the meeting.

### **In Memoriam of Carel Roukens.**

Carel Roukens has always been a staunch supporter of Neerlandia, but his real interest has always been with the Dutch Ex-Servicemen's Association.

For many years he was the editor of their own magazine.

He also assisted with the organisation of the annual Remembrance Day Ceremony at Karrakatta, where he always laid a wreath on behalf of the Ex-servicemen and the Stoottroepers and he always lowered and raised the Dutch flag when the last post was played.

But in recent years we witnessed the gradual demise of both the Ex-servicemen as well as the Stoottroepers Associations due to dwindling numbers.

And it was only a few years later that failing

health took its toll and really slowed Carel down.

He will be long remembered for all the work and effort he put in for the Dutch Ex-servicemen and the Dutch Community. Carel rest in peace.

### **In Memoriam An Hotz**

An Hotz was another one of our members, who always supported Neerlandia whenever she could by attending all kind of functions. But it was the DJVV (de Jeugd van Vroege) that she really got involved with and she was their secretary for many, many years while Nel Stapelbroek was their president.

An also organised regular meetings of Friesians speaking members in order to keep their culture going.

However she had to give all that away after several bad falls and ailing health but she will long be remembered for her contribution to the Dutch Society.

An rest in peace.

### **Neerlandia functions in November.**

November will be a busy month with 3 major functions planned.

### ***But there is a catch.***

In order for the Melbourne Cup and the Saint Nicholaas Brunch to go ahead, Neerlandia needs to have 40 pre-paid bookings, otherwise both these events will be cancelled.

This is on account of the catering which needs certain numbers to make it profitable and worth while.

Members please show your interest and support these two functions, as it could be one of the very last times you get an opportunity to attend this type of function in the present building.

Besides both functions are good fun!

**Piet Leeftang**





## Laughter is still the best medicine



### The Funeral.

Pasquale died. His will provided \$40,000 for an elaborate funeral.

As the last guests departed the affair, his wife Angelina turned to her oldest and dearest friend. "Ah well, Pasquale would be pleased," she said. "You're right," replied Maria, who lowered her voice and leaned in close.

"So go on, how much did this really cost?"

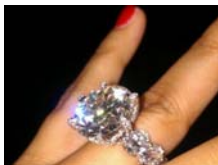
"All of it," said Angelina. "Forty thousand."

"Aw No!" Maria exclaimed, "I mean, it was very grand, but \$40,000?!!!"

Angelina answered, "The funeral was \$6,500. I donated \$500 to the church. The whiskey, wine and snacks were another \$500. The rest went for the Memorial Stone."

Maria computed quickly.

"Mama Mia !!! For the love of God Angelina, \$32,500 for a Memorial Stone? How big is it?"



### Get Out Of The Car!

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs: "I have a gun, and I know how to use it! GET OUT OF THE CAR!"... The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee, and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman

described as white, less than five feet tall, glasses, curly white hair and carrying a large handgun.

No charges were filed.

Moral of the story: If you're going to have a senior moment...make it memorable!

### Chinatown

Walking through San Francisco's Chinatown, a tourist from the Midwest was enjoying the artistry of all the Chinese restaurants, shops, signs and banners.

When he turned a corner and saw a building with the sign: 'Moishe Plotnik's Laundry.'

'Moishe Plotnik?' he wondered. 'How does that belong in Chinatown?'

He walked into the shop and saw a fairly standard looking dry cleaner, although he could see that the proprietors were clearly aware of the uniqueness of the store name as there were baseball hats, T-shirts and coffee mugs emblazoned with the logo: 'Moishe Plotnik's Chinese Laundry.'

The tourist selected a coffee cup as a conversation piece to take back to his office. Behind the counter was a smiling old Chinese gentleman who thanked him for his purchase.

The tourist asked, 'Can you explain how this place got a name like 'Moishe Plotnik's Laundry?'

The old man answered, 'Ah. Evleebody ask me dat. It name of owner.'

Looking around, the tourist asked, 'Is he here now?'

'It me, me him!' replied the old man.

'Really? You're Chinese. How did you ever get a Jewish name like Moishe Plotnik?'

'It simple' said the old man.

'Many, many year ago I come to this country. I standing in line at Document Center of Immigration. Man in front of me was man from Poland.'

Lady at counter look at him and say to him: 'What you name?'

He (Polish man) says to her: 'Moishe Plotnik.'

Then she looks at me and say: 'What your name?' I say: 'Sam Ting.'





# St. Nicholas Brunch

**On Sunday the 23rd of  
November at 10.00 am**



St Nicholas and his "Zwarte Pieten" should surprise us with a visit and they will have a present for everyone. Would you like to meet St. Nicholas, but you do not like the busy atmosphere at the Children's St. Nicholas party?

Then do come to this excellent Brunch.

<b>Tickets:</b>	<b>Members</b>	<b>\$25.00</b>
	<b>Guests</b>	<b>\$30.00</b>



For catering purposes, payment is necessary when you make your booking.

Contacts for bookings:

**Karin Eastwood:** 0439 862610

E-mail: [karin.m@live.com](mailto:karin.m@live.com) or

**Gerry Creemers:** 9356 4207

E-mail: [gerrycreemers@iinet.net.au](mailto:gerrycreemers@iinet.net.au)

We need a minimum of 40 prepaid bookings by 1 November for this function to go ahead.

*The payment options are:*

... *Send your Cheque or Money Order and the function details by mail to: Neerlandia, PO Box 200, WEMBLEY WA 6913.*

... *Contact Gerry Creemers by phone to arrange credit card payments.*

... *Come to the Clubhouse on any Friday between 10.00 am and 12.00 pm and pay by credit card or cash.*





## More than Just Bookkeeping

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**Debby@schapendonk.com.au**



## DE NEERLANDIA WINKEL

### Levensmiddelen en allerlei lekkernijen uit Nederland

- ... Bitterballen, kroketten & frikandellen.
- ... Leidse & Goudse Kaas
- ... Ontbijtkoek, gemberkoek en kandijkoek
- ... Groenten in glas en in blik
- ... Zoute drop, stroopwafels, gesorteerde koekjes & beschuit
- ... Gestampde muisjes, hagelslag, fruithagel & chocolade vlokken
- ... Amandelkoeken, kano's, amsterdammers & speculaasjes en speculaasbrokken
- ... Een sortering van andere koekjes

**Important news: Mackerel is still in stock again but all the Herring has sold out**

### De Neerlandia Winkel is open op de volgende dagen:

- |                                   |   |
|-----------------------------------|---|
| Elke woensdag                     | van 10.00 am - 1.00 pm  |
| Elke tweede donderdag (DJVV week) | van 11.00 am - 2.00 pm  |
| Elke donderdagavond               | van 10.00 pm - 11.00 pm   |
| De meeste vrijdagen               | van 10.00 am - noon (We adviseren dat u de club van te voren even belt op 9381 3738 om er zeker van te zijn dat de winkel open is.) |

**De Neerlandia winkel is bemand door vrijwilligers en daarom moeten de bovenstaande tijden een beetje ruim genomen worden**



**Wednesday 15 October at 2.30pm**

**Mid Month Movie Meeting (MMMM)**

## **“De Vliegenierster van Kazbek”**

**During WW II a battalion of Georgians is stationed on the Dutch island of Texel. Their foreign culture gives colour to the life of a young Dutch woman. In the middle of the Georgians' chaotic uprising against the German troops, she breaks away from the restricting and suffocating reality by learning to trust her fantasy.**

**Club opens at 2.00pm**

**Movie starts at 2.30pm and will run for appr 99 minutes**

**Bar open, complimentary tea and coffee**

**Admission \$3.50 members and \$4.00 for non-members**

**Not suitable for children – Children's Paradise will be closed**

**"Please bring your Neerlandia membership card to the MMMM."**

**This is a Dutch Language movie  
with English subtitles**

**For details regarding MMMM**

**Please contact**

**Lianna Parker email: [lianna\\_parker@bigpond.com](mailto:lianna_parker@bigpond.com)**

**(lianna\_parker)**

**or mobile phone: 0437 629 635**

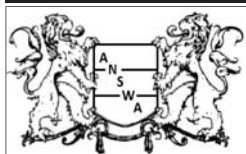
**We are looking forward to you joining us at the Dutch Club  
to watch a movie together.**



# ANSWA Newsletter

Official Newsletter of the Associated Netherlands Societies in Western Australia  
A Non - Profit organisation

**PRESERVING OUR PROUD HERITAGE FOR THE FUTURE**



## ANSWA

Associated Netherlands Societies in WA

ABN 25 027 905 517

**Patron:** Mr. Thom C. Dercksen RON

**Publisher:** Dutch Society Neerlandia

**Editor:** Vacant

### ANSWA EXECUTIVE COMMITTEE:

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Pensioners Club (DJVV)	Wilma Mitchell	9359 1972
Dutch Singers	Alida Reitzenstein	041 799 48
Wandelclub "The Dutchies"	Thea Bloks	9446 4867

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**For all advertising in this ANSWA Insert please contact the Neerlandia President Lianna Parker: PO Box 200, WEMBLEY WA 6913.**

**This ANSWA Newsletter endeavours to bring to you the latest news from local sources as well as from the Netherlands with the aim of keeping our Dutch heritage alive and meaningful.**

**If you would like to contribute any articles to the ANSWA Newsletter please contact:**

**ANSWA President: Ann Rietveld**

**Email: [anne.rietveld@smartchat.net.au](mailto:anne.rietveld@smartchat.net.au)**

### Dear readers,

*(The ANSWA insert was reduced in size this month as Anne Rietveld was unable to contribute. The only copy that was received was from Marjorie Blij from the National Archives of Australia (Perth Office))*

### The Archives corner

Following on from an earlier article which dealt with passenger arrival information, the next step for most Dutch immigrants was the alien registration process.

It was the threat posed by both World Wars that caused the Commonwealth Government to require all aliens (i.e. non-British) living in or entering Australia to register with local authorities. The first period of registration was from 1916 to 1920. The Aliens Registration Act 1939 came into force as a result of the second World War and the registration of aliens continued well into the 1960s.

The National Archives of Australia (NAA) in Perth holds records relating to both periods of compulsory alien registration. Details of aliens residing in and entering the Commonwealth during World War I were recorded by customs officials or local police on Form of Application for Registration. The forms were then forwarded to the Intelligence Section, General Staff, 5th Military District in Perth. Now held by the Archives in series PP14/3, the forms are arranged alphabetically within nationality and record the alien's name, date of birth, nationality, occupation, date of arrival and physical characteristics. All items in the series have been added to RecordSearch, the Archives' online catalogue.

*(Continued on page 14)*

After World War I, aliens arriving in Australia were required to complete a Personal Statement by Alien Passenger form. These forms were completed and collected by the customs officers at the port of embarkation and record the alien's name, nationality, date and place of birth, date and port of arrival in Australia, name of ship, occupation, and age and place of birth of spouse and children. Holdings in Perth are arranged alphabetically within nationality groupings within series PP246/4. All items in the series have been added to RecordSearch.

The most significant period for most Dutch migrants was post World War II when assisted migration schemes attracted large numbers of Europeans to Australia. Upon arrival, migrants were required to complete

the alien registration forms and then also to keep the Commonwealth government informed of changes of occupation or employment, residence, marriage and departure from Australia. The alien registration forms altered slightly with time but mostly

recorded name, address, nationality, date and place of birth, occupation, place and dates of birth of spouse and children, name of ship or aircraft registration, date and place of arrival in Australia. A passport-sized photograph of the applicant was attached to the majority of forms.

In Western Australia, the alien registration forms for persons who came to and lived in Western Australia are generally held in the Perth repository in record series K1331. All forms have been listed and are searchable on

the NAA online catalogue, RecordSearch. If the record you are seeking is not located in this series it is highly likely that the individual was naturalised. It was common practice for the Department of Immigration to add the alien registration record to the application for naturalisation case file for the individual.

The naturalisation files are to be found in many different series, many of which have had all items added to RecordSearch.

If you'd like to view the original records you can visit the Perth Reading Room which is located at 384 Berwick St, East Victoria Park. Our opening hours are 9.00am to 4.30pm, Wednesday to Friday, excepting public holidays. You can contact us before visiting to see if we hold relevant records by telephoning 08 9470 7500. In the reading room, you can use our computers to access our website, online databases, guides and fact sheets, and to view digital copies of some records to help you in your research. You will also find indexes and lists that will help you identify records not listed on our databases. Our friendly and professional staff are always happy to help. There is no charge for looking at original records in the reading room but you can order copies of the records if you so desire. **Marjorie Blij.**





# Dutch Community Radio Insert



## DUTCH COMMUNITY RADIO BROADCASTING ON 95.3FM 6EBA

The Dutch Community Radio (DCR) is going from strength to strength. With Neerlandia being our biggest 'Donateur' and the Dutch Butcher also supporting us, our volunteers are working enthusiastically producing and presenting the weekly programs. We try to get a broad spectrum of music to ensure there is something enjoyable to listen to for all.

We are planning a few events to make the programs different and fun. In the near future we will have a Sunday program with light classical music. The date is not definite but will be pre-announced on Facebook and through the 'mededelingen'. We will have an interview with a young lady by the name of Toby Beer. She is a Dutch singer who lives in Perth. And there is the last Sunday of the month program, where we play more recent and even brand new releases from artists and groups with a Dutch background. This program is getting very popular with positive feedback from listeners, which is stimulating for our hard working volunteers. It takes a lot of time and research to make an interesting program and to receive compliments makes it all worthwhile.

As mentioned in the previous newsletter, we have increasing email and Facebook contact with Dutch musicians who keep us up to date with their latest musical ventures. We have already played songs of the new album by Blöf, such as 'Open je Ogen' and 'Mannenharten'. Anouk is releasing a new album in November and we are convinced it will be a bestseller. The Common Linnets (they represented the Netherlands at the Eurovision Song Contest) released an album in May this year and they are going on tour through the Netherlands and the UK in the month of October.

Jan Smit has been very busy and he released an album of which the single 'Jij en Ik' is such a success that it went straight to number 1 of the Dutch top 10. Interesting trivia is that this is his 20<sup>th</sup> number 1 hit in 9 years.

A fairly new artist is Wudstick, his real name is Jermain van der Boght. Although he has been working as a musician, songwriter and producer since 2006, he became more popular as a singer after he participated in the 2013 The Voice of Holland. He recorded a brand new song with the title 'Mooi' for his unborn child. The single will be released on the day the baby arrives into this world. What a super idea to welcome a newborn!



We have some more news for you. Margaret has returned to live in Perth and we are delighted to have her back on our team as an announcer.

Our motto is to 'Listen to our listeners' so please communicate with us. We like to know what music you want to hear during your Dutch program. To enable us to play 'your' music, we need your feedback and requests. Without this input we can't make a program that will bring a smile to your face. Please note that your views and requests need to be with us before Thursday afternoon at the latest otherwise it is not possible to incorporate them in the next Sunday's program. Please keep in mind that we need to comply with the rules as set by World Station 6EBA, therefore any song containing inappropriate language in the lyrics, cannot be put on air.

You can inform us of your musical preferences via our Dutch Community Radio Facebook page and while you are there, please give us a 'like', or you can send an email to [dutchradio@iinet.net.au](mailto:dutchradio@iinet.net.au).

In case you do not have access to the Internet, you can send a letter to DCR, PO BOX 200, WEMBLEY WA 6913.

That is it from the DCR for now. We are looking forward being with you each Sunday afternoon from 2 to 3:30pm on 6EBA, 95.3FM or on [www.dutchradioperth.com](http://www.dutchradioperth.com) and click on 'LISTEN ONLINE NOW'.

## DONATIE VOOR DE PERIODE VAN 1 JULI 2014 TOT 30 JUNI 2015

Dutch Community Radio. Naam:.....

Adres:.....

Suburb:.....Postcode:.....Telefoon:.....

☐ Ik sluit hierbij een cheque in van \$..... (minimum \$10.00) als donatie ten name van de Dutch Community Radio, PO Box 200 WembleyWA 6913.

☐ Ik maak een bedrag over van \$..... (minimum \$10.00) als donatie tnv de Dutch Community Radio via een bank deposit naar BSB 086-366, Acc No 84-706-0850. Mijn achternaam en initialen zijn vermeld als referentie.

☐ Ik ga ermee akkoord dat mijn donatie wordt vermeld tijdens het eerstkomende radio programma.



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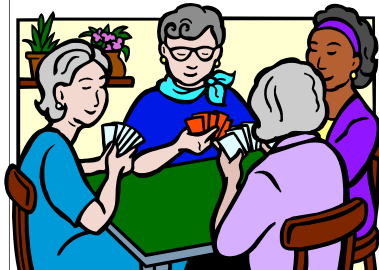
or e-mail: [info@au-revoir-travel.com](mailto:info@au-revoir-travel.com)

*"Without a travel agent, you're on your own"*

### Sunday Klaverjas Drives.

*De eerstvolgende Klaverjas Drives  
worden gehouden op zondag 5 oktober  
en ook op zondag 2 november.*

**Kosten: \$8.00 per persoon.**



Kom gezellig  
Klaverjassen in  
het Neerlandia  
Clubhuis.

De prijzen zijn  
tegoed bonnen te  
besteden in onze

winkel.

Lunch en 2 kopjes  
koffie zijn bij de  
toegangsprijs  
inbegrepen.

Aanvang 11.00 uur.

Iedereen is welkom.



## holland focus



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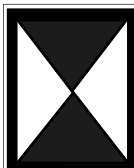
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# Sint Nicolaas Children's Day



On Sunday 30 November "Sint Nicolaas and his Zwarte Pieten" will visit the Neerlandia Clubhouse. Entertainment for the children will be provided and all children will get an ice-cream, a bag of lollies and a cool drink.

There will be a colouring-in competition. Colouring-in forms with the entry details on the back, will be available at the clubhouse.

For the grown-ups coffee/tea & snacks will be available from the kitchen and drinks from the bar.

**Note: One present per child must be provided by the parent and handed in at the door. (Value not over \$20.00) The name and age of the child must be clearly written on the present.**

Event: Sint Nicolaas for the Children

Date: Sunday 30 November

Time: Doors open at 11.30—St Nicolaas will arrive at 12.30

Cost: Adults: \$ 5.00

Member's Children (2 -10): \$10.00

Non-Members Children: \$15.00

Note: Child admission fee does not include a present!

**Strictly pre-paid bookings only. Bookings, please contact:**

Karin Eastwood on: 0439 862 610 (leave message)

email: [karin.m@live.com](mailto:karin.m@live.com)

or

Gerry Creemers on: 9356 4207

email: [gerrycreemers@iinet.net.au](mailto:gerrycreemers@iinet.net.au)

**Credit or Debit Card payments by telephone are accepted.**

# Result of the Sunday Drive & Card Club competitions

## September Sunday Drive.

This event was held on Sunday the 14th of September as the first Sunday of September happened to be Father's Day.

Gerry Creemers was away in Melbourne and Bep Banken was the volunteer organiser on the day. We had a good attendance of 25 people, so that meant 6 playing tables.

As usual the atmosphere was very pleasant. The first players arrived at 10 am and spent some time having a cup of tea or coffee. Thea & Freda were in the kitchen to prepare the lunches. Thank you both on behalf of all the players.

We started playing at 11 am and after 3 hours of fierce competition the score cards were checked and the winners were announced.

The winning scores were all on the low side, but that happens once in a while.

### Results:

1<sup>st</sup> prize Barbera Penello  
with a score of 6608. \$ 25.00

2<sup>nd</sup> prize Gerda Arts  
with a score of 6489. \$ 15.00

3<sup>rd</sup> prize Anne Verhoogt  
with a score of 6421 \$ 10.00

### Bep Banken



**The three winners (left to right): Gerda Arts 2nd prize; Barbera Penello 1st prize; An Verhoogt 3rd prize.**

## Wednesday Card Club results.

The second competition for 2014 was completed and the results are as follows:

### Klaverjassen:

1<sup>st</sup> prize with a score of 78497 points  
Freda Hovingh \$25.00

2<sup>nd</sup> prize with a score of 77171 points  
Con v/d Putten \$15.00

3<sup>rd</sup> prize with a score of 74724 points  
John v/d Wielen \$10.00  
The Marsen prize went to Bart Strycke  
with 26 marsen \$10.00

### Bep Banken - Treasurer

## Card Club Neerlandia

### Second Term Competition Results

The year is progressing fast and we have already come to the end of the second term for the year. The result of the competition and the prizes won were as follows:

### Klaverjas

1<sup>st</sup> prize Freda Hovingh 71430 points  
\$25 (with a total of 29 marsen)

2<sup>nd</sup> prize Wilma Mitchell 69151 points  
\$20

3<sup>rd</sup> prize Bettina Tonkin 68670 points  
\$15

Average score Henk Arts 65625 points  
\$10

Marsen prize Jo Smit 24 marsen  
\$10 (Runner up)

### Jokeren

Rita Klesch Winner of draw \$10

### Bolivia

#### Weekly Players

Thea Gorter 349705 points \$10

#### Fortnightly players

Nelly van de Heyden 178540 points \$10

Congratulations to all winners and to all others "Better luck next time".

We are happy to report that during this second period we welcomed two new members to the Klaverjas tables, namely Gerard Kluck and Joost den Haan.

We are also glad to have Peter Segers back with us after an enforced absence of about 3 months due to sustaining multiple injuries in a work accident. We wish you a speedy full recovery, Pete!

Our member Rienus van de Ende is on the sick list again. We miss his ever cheerful, uncomplaining presence and send him our best wishes.

On Sunday the 13<sup>th</sup> July our card club members enjoyed a Brunch at Neerlandia Clubhouse. It was a very pleasant affair with around 50 people attending.

### Janny Udinga - Secretary

# End of Month Drinks

The next End of Month Drinks will be held on Friday the 31st of October and the one after that on the 28th of November.

If you would like to give us a hand to ensure we have enough volunteers to keep everyone happy, please contact Inge van Maanen  
[ingevanmaanen@hotmail.com](mailto:ingevanmaanen@hotmail.com)

Only with your continued support as volunteer will the EoM Drinks survive.

The Bar will be open from 5.30pm - 9.00 pm; the kitchen will close at 8pm.

And you are all welcome to come for some relaxation, meet up with old friends or make new ones and enjoy a Dutch beer or a Dutch snack or just a cup of coffee!

Available from the Kitchen there will be:

Fresh Coffee & Dutch Appeltaart!

A variety of traditional Dutch snacks.

And the Neerlandia Shop will be open for your convenience!

*Everyone is welcome - Everyone is welcome*

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ZWARTE BESSEN Jenever	Out of stock
CITROEN BRANDEWIJN	Out of stock
KERSEN BRANDEWIJN	\$40.00 PER LITER
MILLWOOD LIQUEUR	\$35.00 per 700 ML
DIKKE ADVOCAT	\$32.00 per 700 ML

### THESE ARE AVAILABLE WHEN THE BAR IS OPEN:

hursdays Evenings: 7.00 pm—8.00 pm

Fridays: 10.00 am—Noon

Organised Functions: See page 2

Every Wednesday from:

11.00 am—1.00 pm

Every 2nd Thursday from:

11.00 am—1.00 pm





# The city of Almelo



**Flag & Coat of Arms**

**Almelo** is a municipality and a city in the eastern Netherlands. The main population centres of the town are Aadorp, Almelo, Mariaparochie and Bornebroek. Its population is about 72,000 and the city is situated in the middle of the rolling countryside of Twente, with the industrial centres of Enschede and Hengelo as close neighbours but also with tourist towns like Ootmarsum,

Delden and Markelo only a bicycle ride away.

Almelo received city rights in 1394. Within the city limits lies the castle of the Counts of Almelo.

## History

Almelo dates back to the Dark Ages. On the crossing of a road with a creek called the "Aa" a small settlement appeared. From 1236 on there have been records of a place called *Huis Almelo* (House Almelo), which still exist today. Documents show that this settlement had city rights as early as 1336, but due to the lack of city walls, Almelo has never been of military importance.

Huis (Castle) Almelo is the possession of the family Van Rechteren Limpurg. This powerful family has had many rights in the city of Almelo, including the judging of civil and criminal matters. Although the family is not as powerful nowadays, they still play an active part in restoring the historical buildings in the city centre and maintaining forest and buildings in their possession.



**Huize (Castle) Almelo**

With the Industrial Revolution, things changed in Almelo. The textile industry became very important, resulting in a group of citizens becoming very wealthy. These people were responsible for the building of many of the mansions and villas from that timeframe. The flourishing industry also contributed to the construction of the railroad and the Overijssel Canal.

In the 1960s it became increasingly hard to compete with foreign textile producers. For a while, the Dutch government allowed for the immigration of workers from Turkey, but this couldn't stop the import of cheap fabrics from other countries.

This resulted in many bankrupt companies and a complete collapse of the textile manufacturing in Almelo, causing massive unemployment. Many of the factories were demolished, but a few still remain, testifying to the once booming industry and are now in use for apartments or offices.



**Spinnerij Twente**

Interesting to know is that in 1944 a robbery of a bank at the Wierdensestraat took place by eight members of the Dutch resistance. They stole a total of 46,1 million guilder (approximately 21 million Euro without inflation correction), the largest sum of money stolen by a robbery in Dutch history.

The first mosque of the Netherlands was built in Almelo in 1976 for the Turkish population of the city.

In the 1970s the industry dwindled and most factories were relocated to countries with cheaper labour. Some factories remain in the city centre

Apart from Dutch, quite a few people in Almelo speak Tweants (*Twents*), a dialect of Low Saxon origin. Approximately 62% of the people in the region speak Tweants on a daily basis. Though it is not recognised as an official language like Frysian, it is regarded as a regional language and as such enjoys certain protections by the national government.

# The city of Almelo

## Economy

Currently, a major employer in Almelo is Urenco Nederland. This is a uranium enrichment plant, which uses the gas centrifuge method and produces uranium with about five percent U-235 for nuclear reactors.

PANalytical, the Twenteborg Hospital and the Regional Court are also major employers.

The Almelo based company **Bolletje** is Holland's most famous producer of breakfast products and biscuits. In the small building where the company was born now features a small café and a shop with all possible (seasonal) products from the producer. Additionally, the store hosts a small museum about the history of Dutch bakeries. The whole experience will truly bring you back to the charms of baking as it was done in grandmother's time.



**Bolletje Bakery, Coffeeshop and Museum**



**Looms are still working**

## Het Wevershuisje (Weaver's Cottage)

This unique small cottage is located in the Almelo city centre.

It dates back to early 1600's is packed with character. It has a permanent collection of objects all concerning with textiles and weaving apparatus and tools, an industry closely associated with Almelo's historic past. There are regularly demonstrations of the old crafts and if desired, staff can provide you with a free tour.

## Shopping And Eating out In Almelo

"De Galerij" is a good shopping precinct that is protected from the weather by a glass roof. There are some great shops there, but they tend towards clothing stores and boutiques.

"Winkelsluiting" is a shopping and fashion mall, but they also have some great other shops. It is also a good place to get away from the rain while you are shopping. If you wander round the back streets you will find some very good local boutiques and small owner run stores.

**Eating out.** Dock 19 has good Dutch food and a comfortable interior. It also has attentive staff who will help you choose, by explaining dishes to you. Overall very friendly, with good food at a reasonable price.

Nielz is a very relaxing bar and restaurant. It is not a posh restaurant, but you can get very meal there.

"Zuid" is a local sushi restaurant. It has a good selection of fresh food and the service is very helpful. The menu is not huge but the food is good and what you would expect from a quality sushi restaurant. The Akropolis is an upmarket Greek restaurant that is not usually overcrowded, but has a nice atmosphere and very good Greek food. Also prices are good for the standard of food that you get.



**Neilz Restaurant**

*Compiled from the internet by Pieter Leeftang*



**The Haven (Harbour)**



**Terraces on a sunny day**



**At the book Market**



# Do you sleep long enough?

## Do you get enough sleep?

- ... Poor sleeping habits cause both brain damage and brain shrinkage, and may even accelerate onset of Alzheimer's disease. Lack of sleep has also been linked to obesity and hormone alterations
- ... One animal study found that chronic exposure to light at night prevented reproductive organ development in male blackbirds
- ... Recent research shows that your body clock plays an important role in chronic inflammation and the accumulation of body fat
- ... Misuse of sleeping pills is on the rise. Emergency room visits involving these sleep aid s is rising constantly.
- ... Maintaining a natural rhythm of exposure to sunlight during the day and darkness at night is one crucial foundational component of sleeping well

## Poor Sleeping Habits

Recent studies show poor sleeping habits cause both brain damage and brain shrinkage, and may even accelerate onset of Alzheimer's disease. Previous research published in the journal *Science*<sup>2</sup> revealed that your brain removes toxic waste during sleep through what has been dubbed "the glymphatic system"

This system becomes active during sleep, thereby allowing your brain to clear out toxins and harmful proteins.

Sleep is also necessary for maintaining metabolic homeostasis in your brain. Without sufficient sleep, your neurons will actually begin to deteriorate—and catching up on sleep during weekends will not prevent this damage. Lack of sleep has also been linked to obesity in both animals and humans, as well as hormone alterations in animals. In short, sleeping soundly appears to be key for aging well, and maintaining healthy brain function into old age.

## Poor Sleep Can Lead to Brain Shrinkage

According to recent research published in the journal *Neurology*, lack of sleep may affect the size of your brain. A total of 147 adult volunteers underwent MRI scans to assess the link between sleep and brain volume. As it turns out, sleep problems like insomnia can have a distinct impact on your brain over time, causing it to shrink—and shrink more rapidly, compared to those who sleep well. This effect was particularly significant in those over 60. According to the authors: "Results were largely driven by correlations within adults over the age of 60, and could not be explained by variation in physical activity, BMI, or blood pressure."

## The Importance of Staying in Sync with Nature

Maintaining a natural rhythm of exposure to sunlight during the day and darkness at night is one crucial foundational component of sleeping well.

This was addressed in a previous interview with Dan Pardi, a researcher, who works with the Behavioral Sciences Department at Stanford University and the

Departments of Neurology and Endocrinology at Leiden University in the Netherlands.

Exposure to bright daylight serves as the major synchronizer of your master clock.

Nuclei synchronize to the light-dark cycle of your environment when light enters your eye.

You also have other biological clocks throughout your body, and those clocks subsequently synchronize to your master clock. One reason why so many people get so little sleep, and/or such poor sleep, can be traced back to a master clock disruption.

In short, most people spend their days indoors, shielded from bright daylight, and then spend their evenings in too-bright artificial light. As a result, their body clocks get out of sync with the natural rhythm of daylight and night time darkness.

This, it turns out, may have more far-reaching ramifications than previously thought, and humans are not the only ones affected by artificial lighting brightening up the night.

For example, researchers investigating incidences of birds singing in the middle of the night believe that bird behaviour is being adversely affected by artificial lighting from street lamps and city lights.

## Artificial Light Disrupts Sex Hormones in Birds

Mounting evidence suggests that artificial lights are actually "altering the basic physiology of urban birds, suppressing their oestrogen and testosterone and changing their singing, mating and feeding behaviours," according to *Environmental Health News*<sup>12</sup> reports.

One animal study found that chronic exposure to light at night prevented reproductive organ development in male blackbirds. Their sex organs developed naturally during the first year, but in the second year of night-time light exposure, the development stopped altogether. Birds aren't the only species suffering from light pollution.

In field experiments, Atlantic salmon swim at odd times, and frogs stop mating under skies glowing from stadium lights at football games. Millions of birds die from collisions with brightly lit communication towers, and migratory flocks are confused by signals gone awry.

## Future Obesity and Diabetes Treatments May Address Body Clock

If you're overweight and/or exhausted much of the time, chances are high that poor sleep patterns—perhaps resulting from too many light-emitting gadgets—are at play. The exposure to excessive amounts of light at night, courtesy of electric light bulbs and electronic gadgets of all kinds, makes it exceedingly difficult for your body and brain to wind down for sleep. And this lack of sleep can lead to metabolic dysfunction. Poor sleep has actually been implicated in obesity in a number of previous studies.

Most recently, scientists at the University of Manchester concluded that your body clock plays an important role in chronic inflammation and the accumulation of body fat.



# Do you sleep long enough?

According to the University, the team's findings "are helping develop new ways of treating obesity and the fatal diseases linked to being overweight." According to lead researcher Professor David Ray: "Essentially we discovered that the circadian clock protein REVERB plays an important role in the safe accumulation of body fat. Usually as fat accumulates there is inflammation in the body which leads to diabetes and heart disease. Our research shows that this process is linked to the body clock."

## ***Sleeping Pills Can Have Serious Consequences***

According to the statistics from the Centers for Disease Control and Prevention (CDC), between 50 and 70 million Americans suffer from sleep deprivation, and nearly nine million Americans take prescription sleeping pills in pursuit of good night's rest; one in six adults with a diagnosed sleep disorder and one in eight adults with trouble sleeping report using sleeping pills.

While most would not knowingly put their life on the line, you may be doing just that if you take sleeping pills...

According to a study done by the Substance Abuse and Mental Health Services Administration (SAMHSA). Side effects associated with them include daytime drowsiness, dizziness, hallucinations, agitation, sleep-walking, and drowsiness while driving. It's important to realize that narcotic pain relievers and anti-anxiety drugs or sedatives can cause a dangerous enhancement of a sleeping pill's sedative effects.

## ***Helpful Tips to Improve Your Sleep***

- ... To get good sleep, you need to have properly aligned circadian rhythms, and to achieve that, you need to get daylight exposure, ideally around solar noon, for at least 30-60 minutes or more each day. Then, in the evening, you need to dim artificial light sources. In particular, you want to avoid the blue light wavelength. Research shows that exposure to bright room light before bedtime suppresses melatonin production in 99 percent of individuals. This can effectively rob you of sleep by preventing sleepiness.
- ... Use blue-blocking light bulbs, dim your lights with dimmer switches and turn off unneeded lights, and if using a computer, install blue light-blocking software like f.lux. Also keep in mind that digital alarm clocks with blue light displays could have a detrimental effect. The following infographic, created by BigBrandBeds.co.uk, illustrates how your electronic gadgets wreak havoc on your sleep when used before bedtime.
- ... To optimize sleep, you also need to make sure you're going to bed early enough, because if you have to get up at 6:30am, you're just not going to get enough sleep if you go to bed after midnight. Fitness trackers such as the UP2424 can track both daytime body movement and sleep, allowing you to get a better picture of how much sleep you're actually getting. Chances are, you're getting at least

30 minutes less sleep than you think, as most people do not fall asleep as soon as their head hits the pillow. Besides maintaining a natural circadian rhythm, there are a number of additional ways to help improve your sleep if you're still having trouble. Below are half a dozen of my top guidelines for promoting good sleep. For a comprehensive sleep guide, please see my article *33 Secrets to a Good Night's Sleep*.

- ... Avoid watching TV or using your computer at night—or at least about an hour or so before going to bed. TV and computer screens emit blue light, similar to daylight. This tricks your brain into thinking it's still daytime, thereby shutting down melatonin secretion.
  - ... Sleep in darkness. You don't need to sleep in total darkness; the intensity of light has to be at a certain level (different levels depending on the spectrum) to suppress melatonin production. That said, complete darkness is probably best. I recommend covering your windows with blackout shades or drapes, or use an eye mask. Also avoid using night-lights, and cover up the display on your clock radio.
  - ... Keep the temperature in your bedroom below 70 degrees F. A reduction in core body temperature is a part of the sleep-initiation and sleep maintenance process. A room temperature that is too warm or too cool can prevent your core temperature from lowering to its ideal place for good sleep. Aim to keep your bedroom temperature between 60 to 68 degrees, and identify the best room temperature for you through trial and error.
  - ... Take a hot bath or shower 30 minutes before bedtime. The hot bath increases your core body temperature, opening up the blood vessels in your limbs. When you get out of the bath, heat can leave your body easily (if the room temperature is cool), abruptly dropping your core body temperature, making you drowsy and ready for great sleep.
  - ... Check your bedroom for electro-magnetic fields (EMFs). These can disrupt your pineal gland and the production of melatonin and serotonin, and may have other negative effects as well. To do this, you need a gauss meter. You can find various models online, starting around \$50 to \$200. Some experts even recommend pulling your circuit breaker before bed to shut down all power in your house.
  - ... Move electrical devices away from your bed. If electrical alarm clocks or other gadgets must be used, keep them as far away from your bed as possible, preferably at least three feet. Cell phones, cordless phones, and their charging stations should ideally be kept three rooms away from your bedroom to prevent exposure to harmful and sleep-disrupting electromagnetic fields
- (Copied from the Internet, Dr Mercola website)*

## 5 Myths about Exercise and Aging

**Myth 1: There's no point to exercising. I'm going to get old anyway.**

**Fact:** Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

**Myth 2: Older people shouldn't exercise. They should save their strength and rest.**

**Fact:** Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

**Myth 3: Exercise puts me at risk of falling down.**

**Fact:** Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.

**Myth 4: It's too late. I'm already too old to start exercising.**

**Fact:** You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

**Myth 5: I'm disabled. I can't exercise sitting down.**

**Fact:** Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

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## Amazing frozen lemons

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted.

How can you use the whole lemon without waste?

Simple.. place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.

Sprinkle it to your vegetable salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes, whisky, wine.... the list is endless.

All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before.

Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.

What's the major advantage of using the whole lemons other than preventing waste and adding new taste to your dishes?

Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself.

And yes, that's what you've been wasting.

But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier. It's also known that lemon peels are health rejuvenators in eradicating toxic elements in the body.

So place your washed lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret! Better late than never, right?

Lemon is a miraculous product. You can now help a friend in need by letting him/her know that lemon juice could be beneficial in improving health and thus preventing diseases. Its taste is pleasant and it does not produce any side affects.

As you know, the lemon/lime tree is known for its different varieties of lemons and limes and they are all good.

You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc...

It is credited with many virtues, but it is reported that it has the most interesting benefit on cysts and warts.

It is also considered to be effective against bacterial infections and fungi, it is said to be effective against internal parasites and worms. So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!!!!

# October Birthdays & Support our advertisers

The following Members will celebrate their birthday during **the month of October 2014**. We wish them all a very **Happy Birthday!**

Gerard	Poot
Alfred	Ukich
Piet	Noordeman
Gerry	Creemers
Margaret	Baltes
Helen	Wood
Ronald	Bouwman
Rita	Bavich-Spence
Theo	Wieman
Geoffrey	Halstead
Bruni	Prince
Bram	Dijkstra
Corrie	Toneman
Sytske	Staats
Ellen	Broerse
Freda	Hovingh
Bettina	Tonkin
Rudolf	Plate
Vicky	Spaans
Maartje	de Vries
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If your birthday is not mentioned or the details are not correct, this means that we have the incorrect data entered in our membership database. Or you may wish that your birthday is not mentioned at all. To make changes to the above you need to send an e-mail to the following:

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# Challenging puzzles by the Puzzle Wizard

12	5	3	4	16	24	1		4	23	3	4	15	8	26
23		23		5		23		15		24		6		13
11	26	6	18	20	11	6	24	25		23	3	23	17	24
18		20		21		18		24		8		9		6
23	9	5	23		4	24	8	24	10	15	11	15	23	16
20		7		5		8		18		8				23
20	18	15	8	8	19		10	16	23	2	20	21	15	7
		23		21		21		19		10		26		
4	23	16	16	19	21	26	26		9	5	23	6	22	17
15				2		3		12		16		20		26
3	5	16	22	15	3	24	1	15	23		17	24	6	26
24		23		24		20		2		11		20		16
22	15	22	23	8		7	15	20	22	23	11	21	15	26
23		24		15		5		23		18		26		2
16	24	14	15	11	26	8		25	21	24	6	24	4	19

## CODEBREAKER PUZZLE



### How to play the Game:

A **Codebreaker** is a crossword puzzle with no clues! Every letter of the alphabet has been replaced by a number, the same number represents the same letter always.

The codes for 2 letters are revealed in this puzzle. Start with entering these 2 letters throughout the puzzle first and then start guessing your first word. If you are unsure, use a pencil to start, then if it does not work out you can erase and start again.

*The last Codebreaker was not too difficult after you found the words "Proper" and "Opera". The solution of the September 2014 puzzle was:*

*A=14; B=23; C=10; D=16; E=20; F=26; G=15; H=18; I=9; J=2; K=4; L=13; M=21; N=3; O=24; P=5; Q=1; R=17; S=11; T=19; U=25; V=6; W=8; X=12; Y=22; Z=7.*

*In the next issue we will also publish the solutions to the Sudoku puzzles featured below*

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

## Sudoku

The aim of the Sudoku Puzzle is to insert numbers in the boxes to satisfy only one condition: each row, each column and each 3x3 box must contain one each of the digits 1 through 9.

### Sudoku - Easy

1	2		8		3	9		
							2	1
	7		1	2	6	3	5	
6	1	7	5					
		2		4		6		
					1	7	3	5
	4	3	6	1	2		8	
9	8							
		6	9		4		7	3



### Sudoku - Moderate

7					1		3	
5			2	6	8	7		
9						2		
		5	4					
3		6				4		2
					2	9		
		7						6
		2	1	3	9			7
	3		7					4

# Club information & links to other Dutch organisations

## **Dutch Society NEERLANDIA**

Patron: Hon. Dutch Consul Mr. Arnold J. Stroobach

### **EXECUTIVE COMMITTEE:**

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Margaret Baltes  
Brenda Wubbs

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Fax: (08) 9388 0848  
E-mail: neerlandia@iinet.net.au  
Website: www.dutchclubwa.com

### **BOOKINGS FOR FUNCTIONS, USE OF HALL OR KITCHEN:**

Contacts: Gerry Creemers 9356 4202  
Lianna Parker 0419 181 154

## **LINKS TO OTHER DUTCH ORGANISATIONS:**

### **CONSULATE OF THE NETHERLANDS IN WA**

Hon. Consul Mr. Arnold J. Stroobach Office, 1139 Hay Street WEST PERTH WA 6005

Tel: (08) 9486 1579

Website: www.mfa.nl/can

E-mail: perth.consulate@netherlands.org.au

Opening hours: Mon, Tue, Thu & Fri from 10 am—12 noon

Applications accepted by appointment only.

### **DUTCH COMMUNITY RADIO IN WA 6EBA 95.3 FM**

PO Box 200 Wembley WA 6913 9271 9994

E-mail: dutchradio@iinet.net.au

Website: www.dutchradioperth.com

Uitzending: elke Zondag 14 – 15.30 uur. (Studio: 9227 5953)

### **SBS NATIONAL RADIO 96.9 FM**

Uitzending: Wed & Sat 10.00 am, Mon 12 noon -1.00 pm

### **DUTCH AGED CARE OF WA INC**

Tel: 9382 4186 or: 9382 1983

E-mail: dacwa@dacwa.org

Website address: www.dacwa.org

Kantoor:

230 Cambridge St WEMBLEY WA 6014

PO Box 1154, W. Leederville. WA 6901

Kantoor uren: Maandag - Vrijdag 9:30 – 14:30 uur

Membership application forms can be obtained from our clubhouse situated at: 230 Cambridge Street Wembley. Details how to become a member and Membership Application Forms can also be downloaded from our Website: [www.dutchclubwa.com](http://www.dutchclubwa.com)

### **Private Member's Parties.**

Members, why not celebrate your Wedding Anniversary, that special birthday for you or your parents in the Neerlandia Clubhouse. Contact Lianna Parker on: 0437 629 635 or Karin Eastwood on: 0439 862 610. Hall subject to availability.

Neerlandia ensures that the privacy of our members details are maintained and upheld at all times and not disclosed or sold to any other organisation. We are committed to protect your personal information.

## **ANSWA (ASS. NETH. SOCIETIES IN WA)**

Information: Anne Rietveld 9301 1936

### **Australian Dutch Business Community in WA -ADBC**

1139 Hay Street West Perth, WA 6005

### **DE NEDERLANDSE SCHOOL IN PERTH**

"De Schakel"

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E-mail: deschakel@iinet.net.au

### **DE NEDERLANDSTALIGE SPEELGROEP IN COTTESLOE**

Information: Diana den Hoedt,  
E-mail: dutchplaygroupperth@hotmail.com

### **DUTCH Courier (Dutch Australian Monthly)**

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Information: Murray Koedijk 9337 6923  
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### **WOENSDAG KAART CLUB**

Information: Freda Hovingh, president 9448 0240  
Clubhuis Woensdags van 10.00–14.00 uur.

### **DE JEUGD VAN VROEGER (DJVV)**

Information: Wilma Mitchell 9359 1972  
Donderdags om de veertien dagen  
10:30-15.00 uur

### **SUNDAY KLAVERJAS DRIVES**

Information: Gerry Creemers 9356 4207

### **THE DUTCH SINGERS**

Information: Alida Reitzenstein 041 799 4813  
E-mail: alreitzenstein@iinet.net.au

### **END OF THE MONTH DRINKS**

Information: Lianna Parker 0419 181 154  
De laatste Vrijdag van de maand 5.30 – 9.00 uur

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